

**INFINITY SERIES****TRIPLE TRAINER  
FREE-STANDING BASE****MODELS 3020XA, XP, XS**

with Free-Standing

**3030X TRIPLE TRAINER BASE****BEFORE YOU BEGIN**


- **Ensure a site survey for equipment installation has been performed.**
- **Proper installation is the responsibility of the installer.**
- **Note to Installer:** Be sure to leave Installation Instructions and Operation Manual with the customer.
- **Note to Customer:** Keep Installation Instructions and Operation Manual for future reference.
- **Skill level:** Basic mechanical skills.


Product failure due to improper installation is not covered under warranty.

 **READ CAREFULLY. KEEP THESE INSTRUCTIONS.**

**CUSTOMER SUPPORT**

If you have any questions regarding the installation procedure or operation of the Triple Trainer after reading these instructions, contact Keiser Customer Support:


 **1 559 256 8000**

 **service@keiser.com**

 **keiser.com/support**

Telephone and Live Chat  
Monday–Friday 9 am to 5 pm PST

**KEISER CORPORATION**

 **2470 S. Cherry Ave.  
Fresno, CA 93706**

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## IMPORTANT SAFETY INFORMATION

1. Read these instructions.
2. Heed all warnings.
3. Follow all instructions.
4. Safety Glasses required during installation.
5. Heavy Equipment: The Free-standing Triple Trainer weighs 400 lbs (182 kg). Help is required when handling the Triple Trainer to prevent potential muscle strain and/or back injury.
6. Crush Hazard: Keep feet clear when handling the Triple Trainer.
7. Place the Triple Trainer on a level surface with appropriate clearance around the equipment (refer to "Equipment Specifications," page 2 and "Training Space," page 3).
8. Tighten all bolts and carefully examine your installation prior to use of the Triple Trainer to ensure that it is securely fastened.
9. Never connect Keiser pneumatic equipment to an air source that is capable of exceeding 120 pounds per square inch (psi) / 8.27 bar. Over pressurizing Keiser pneumatic equipment may cause tubing to burst, breakage of equipment, abnormal operation, or serious injury. Use only clean, dry, regulated compressed air at the rated pressure range of 100-120 psi / 6.89-8.27 bar.
10. Replace damaged, worn, or broken parts immediately using only Keiser supplied components. Keep the Triple Trainer out of use until repaired.
11. Only use accessories specified by Keiser Corporation.
12. Failure to perform final check for proper operation prior to normal use of the Triple Trainer will void the warranty and could result in serious injury.
13. Keiser Corporation is not responsible for damage or serious injury caused by incorrect installation, assembly, or use.
14. Use of the Triple Trainer for any purpose not explicitly specified by the manufacturer in the Operation Manual will void the warranty and could result in serious injury.
15. It is the responsibility of the facility owner and/or owner of the Triple Trainer to instruct users on the safe and proper operation of the equipment.

## CONVENTIONS USED

This Installation Instruction contains the following marks:

**WARNING:** Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

**CAUTION:** Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

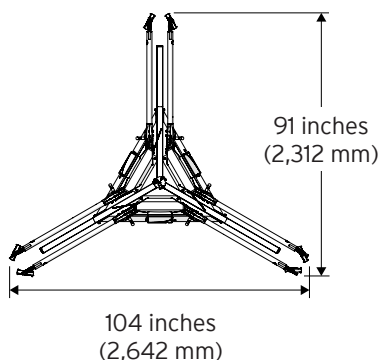
**CRUSH HAZARD:** Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

**HEAVY OBJECT:** Indicates help is required during lifting to avoid muscle strain and/or back injury.

**IMPORTANT:** Indicates information considered critical, but not hazard-related.

## EQUIPMENT SPECIFICATIONS

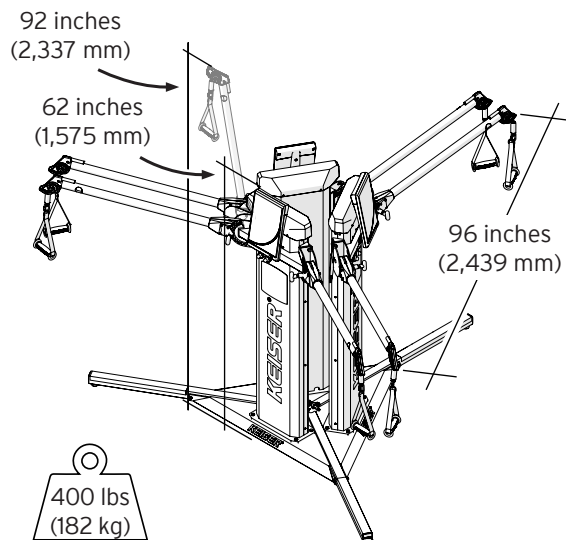
TRIPLE TRAINER  
(TOP VIEW)



Cable Length:

140 inches (3,556 mm) single Handle

70 inches (1,778 mm) both Handles together



Resistance Range:

50 lbs (23 kg) each Handle



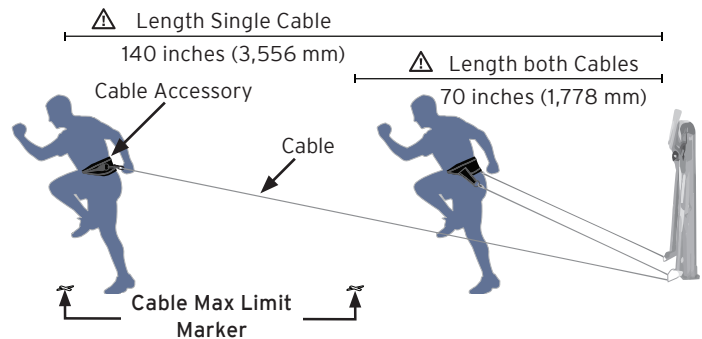
This equipment contains electrical or electronic components that must be recycled properly to comply with Directive 2002/96/EC of the European Union regarding the disposal of waste electrical and electronic equipment (WEEE). Contact your local dealer for procedures for recycling this equipment.

## TRAINING SPACE

Plan Training Space accordingly to allow for full-range operation. Actual Cable Length may vary, based on Accessory type, user height, and the position setting of the exercise Arm.

To safely and effectively use your Training Space, remember to:

1. **Clear your Training Space:** Ensure there is enough space for safe access and operation of the equipment.
2. **Mark your Cable Max Limit:** Secure your Cable Accessory to the Cable. Walk your Cable Accessory out until the stop is reached. This is your Cable Max Limit. Place a marker on the floor (i.e. tape, keys, or a water bottle) to indicate your Cable Max Limit.



**⚠ WARNING: AVOID SERIOUS INJURY OR PROPERTY DAMAGE.** Do not attempt to extend the Cable beyond the Cable Max Limit. Failure to follow this warning will cause the Cable to hit a hard stop, creating a sudden dynamic load that may result in serious injury or equipment and property damage.

## TOOLS AND MATERIALS REQUIRED



Safety Glasses



3/8 in.  
Socket and Ratchet



9/16 in.  
Wrench



9/16 in.  
Socket and Ratchet

## UNPACKING

Remove the bolts that fasten the Triple Trainer to the shipping pallet using a 3/8 in. Socket and Ratchet.



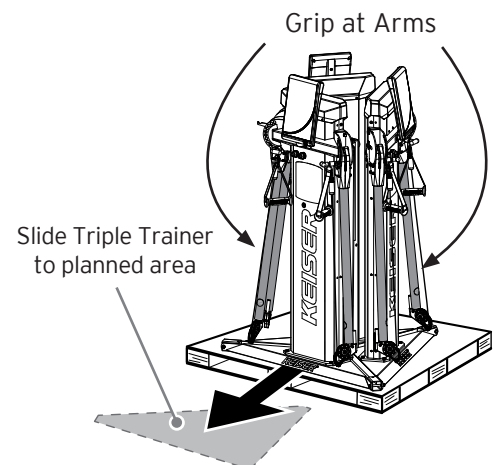
**HEAVY EQUIPMENT:** The Free-standing Triple Trainer weighs 400 lbs (182 kg). Help is required when handling the Triple Trainer to prevent potential muscle strain and/or back injury.



**CRUSH HAZARD:** Keep feet clear when sliding the Triple Trainer off the pallet.



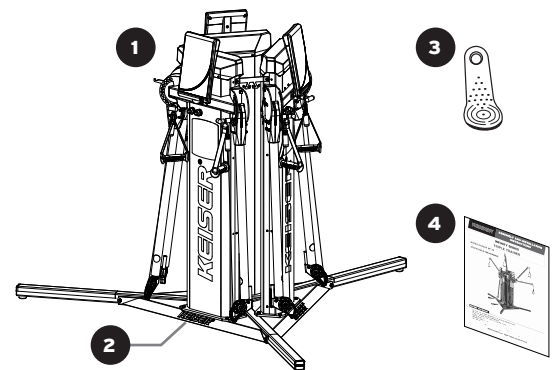
**IMPORTANT:** Ensure that clearance around the equipment has been planned according to the training space required.



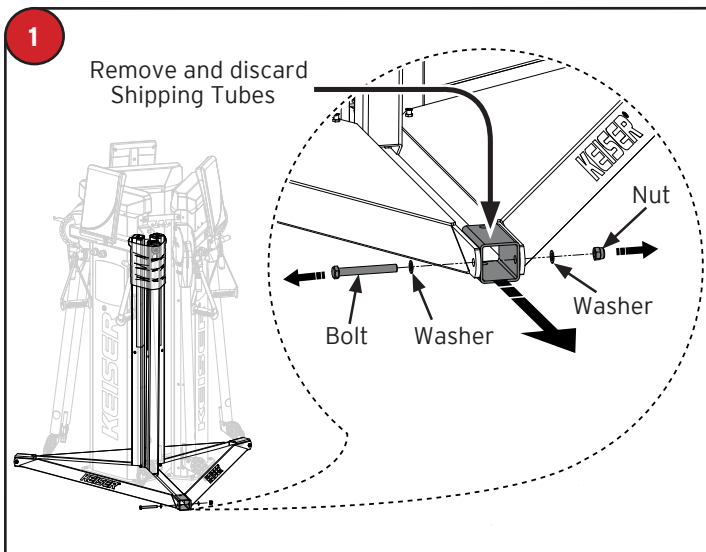
## PARTS LIST

### TRIPLE TRAINER

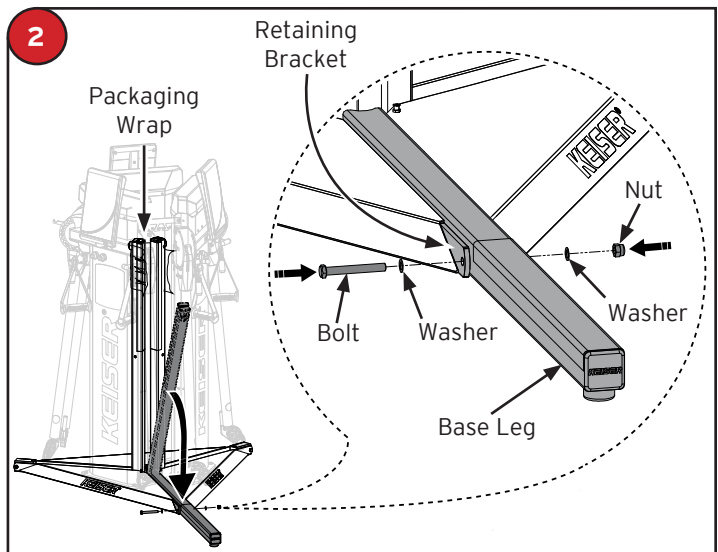
	Description	Qty	Keiser Part Number
1	Functional Trainer	3	3020XX
2	Free-standing Triple Trainer Base	1	3030X
3	eChip	9	990812
4	Operation Manual	1	305523



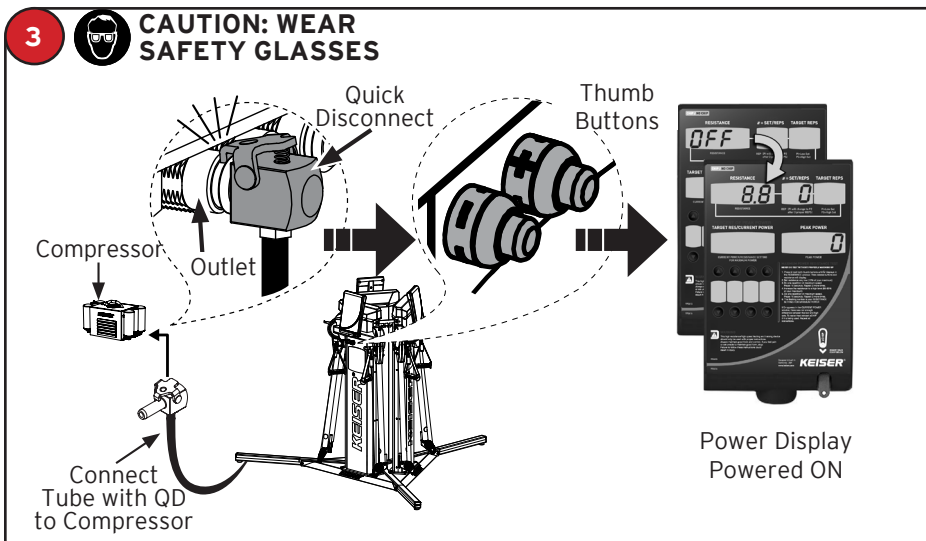
**Note to Installer:** Please provide the customer with the Operation Manual. Check for any damage or missing parts. If parts are damaged or missing, contact your local dealer, distributor, or Keiser Customer Support (see front cover for contact information).

**STEP-BY-STEP GUIDE**

**Remove Shipping Tubes:**

- Use a 9/16 inch Socket and Ratchet and a Wrench to unscrew the Bolt/Nut that attach the Shipping Tubes to the Free-standing Base.
- Keep all Bolts, Washers, and Nuts. They will be used to fasten the Base Legs in the next step.
- Discard the Shipping Tubes.


**Fasten the Free-standing Base Legs to the Base:**

- Release the Base Legs from the packaging wrap, rest at floor level.
- Insert a Bolt and Washer through the holes of the Retaining Bracket and Base Leg as shown.
- Place a Washer over the end of the Bolt and fasten a Nut to the Bolt using a 9/16 inch Socket and Ratchet and a Wrench.
- Repeat Step b, c, and d for the remaining two Base Legs.



**⚠ WARNING: Never connect Keiser pneumatic equipment to an air source that is capable of exceeding 120 psi / 6.89 bar.** Over pressurizing Keiser pneumatic equipment may cause tubing to burst, breakage of equipment, abnormal operation, or serious injury. Use only clean, dry, regulated compressed air at the rated pressure range of 100-120 psi / 6.89-8.27 bar.

- Connect the Quick Disconnect from the Triple Trainer into the Compressor. Ensure that the Quick Disconnect clicks into position.
- Plug the Compressor into a power source to power the Compressor ON. Allow the Compressor to build up to a minimum of 100 psi / 6.89 bar.
- Press the "+" and then the "-" Thumb Buttons a few times on each Functional Trainer to ensure air cycles through and that the Power Display powers ON. NOTE: Keiser Air Compressor manuals are available at [keiser.com/support](http://keiser.com/support) (search: Air Compressor manuals).

**BEFORE YOU USE  
THE TRIPLE TRAINER**

- Make sure the Triple Trainer has been installed according to the instructions.
- Ensure that the Triple Trainer is connected to the Compressor/ Air Supply and that the Compressor/Air Supply is powered ON.
- Read the Operation Manual enclosed with the product and also available at [keiser.com/support](http://keiser.com/support) (search: Functional Trainer Operation Manual)
- Keep Installation Instructions for future reference.